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Self-Worth Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Identify Symptoms of Low Self-Worth

3 · Family Background

4 · Challenge Negative Beliefs

5 · Empower Yourself

6 · Accept Imperfections

7 · Emotional Check-In

8 · Let Go of Feelings of Inadequacy

9 · Set Realistic Expectations

10 · Let Go of Perfectionism

11 · Practice Self-Forgiveness

12 · Create a Self-Care Routine

13 · Explore Your Passions

14 · Find Your Purpose

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

Self-worth refers to an individual's belief in their inherent value and worthiness as a human being, regardless of external achievements or validation. It is a deeper, more unconditional sense of self-acceptance and self-love.

The following are statements related to self-worth that can help you identify areas to focus on. Rate each statement on a scale from 1-5 (1 being “almost never” and 5 being “always”):

Statement	Rate (1-5)
1. "I accept and love myself unconditionally, flaws and all."	1-2-3-4-5
2. "I trust my own judgment and make decisions based on what feels right for me."	1-2-3-4-5
3. "I feel deserving of love, respect, and happiness in my relationships."	1-2-3-4-5
4. "I am confident in my abilities and know that I can overcome challenges."	1-2-3-4-5
5. "I set healthy boundaries to protect my own needs and values."	1-2-3-4-5
6. "I am secure in myself and not easily swayed by the opinions or judgments of others."	1-2-3-4-5
7. "I prioritize self-care and prioritize my physical, emotional, and mental well-being."	1-2-3-4-5
8. "I have a strong sense of purpose and believe that my contributions matter."	1-2-3-4-5

Optional reflection checklist - do not total or interpret diagnostically. These author-created items have no validated cutoff or severity score.

Experiences That May Accompany Low Self-Worth

Low self-worth is not a diagnosis. Use the following prompts to explore experiences that may occur alongside stress, anxiety, depression, trauma, sleep problems, pain, or medical conditions. Physical concerns such as fatigue, headaches, muscle tension, stomach discomfort, or migraines are nonspecific; do not attribute them to self-worth without appropriate clinical and medical assessment.

Physical Symptoms

- ☐ Chronic fatigue or low energy levels
- ☐ Headaches or muscle tension
- ☐ Tense muscles, restlessness, or general physical discomfort.
- ☐ Increased vulnerability to stress-related ailments like stomachaches or migraines
- ☐ _____
- ☐ _____
- ☐ _____

Cognitive Symptoms

- ☐ Excessive self-criticism or negative self-talk
- ☐ Negative self-perception and distorted self-image
- ☐ Constant comparison to others, feeling inferior or inadequate
- ☐ Difficulty in making decisions or asserting oneself
- ☐ Perfectionistic tendencies and fear of making mistakes
- ☐ Overthinking or excessive worry about what others think
- ☐ Self-doubt and a tendency to undermine one's achievements
- ☐ _____
- ☐ _____
- ☐ _____

Emotional Symptoms

- ☐ Feelings of guilt or shame, even when not warranted.
- ☐ Feelings of inadequacy
- ☐ Persistent feelings of sadness or depression
- ☐ Frequent mood swings or emotional instability
- ☐ Increased sensitivity to criticism or rejection
- ☐ Fear of failure or making mistakes
- ☐ Lack of confidence or self-assurance
- ☐ _____
- ☐ _____
- ☐ _____

Behavioral Symptoms

- ☐ Difficulty in accepting compliments or positive feedback
- ☐ Avoidance of challenging situations or activities that may threaten self-esteem.
- ☐ Social withdrawal and reduced engagement in social interactions.
- ☐ Self-sabotaging behaviors, such as procrastination or engaging in harmful habits.
- ☐ People-pleasing tendencies and difficulty asserting personal boundaries.
- ☐ Perfectionism and setting unrealistic standards for oneself.
- ☐ Self-destructive behaviors in extreme cases.
- ☐ _____
- ☐ _____
- ☐ _____

Family Background

1. What were the expectations placed on you by your parents or caregivers?
If so, what were they?

2. Did you receive consistent praise, validation, and encouragement from your family? Did you feel supported and valued by your family members? Explain

3. Were there any specific incidents or experiences within your family that made you feel inadequate? If so, describe.

4. Were there any instances of criticism, neglect, or emotional abuse that impacted your self-worth? If so, describe.

5. How did your family handle failure or mistakes?

6. Were there any significant life events or transitions within your family that affected your self-esteem?

7. Did your family prioritize achievements and external success over emotional well-being?

Challenge Negative Beliefs

1. Identify the negative belief:

Write down the specific negative belief you have about yourself. For example, "I am unworthy of love and affection."

2. Investigate evidence:

Explore the evidence that supports this belief. Ask yourself, "What experiences or situations have made me feel this way?" Write down concrete examples that have contributed to this belief.

3. Question the evidence:

Analyze the evidence you've listed and objectively evaluate its validity. Ask yourself, "Is there any evidence that contradicts this belief?" Reflect on moments when you received love, affirmation, or achieved success. Write down these counter-examples to counterbalance the negative belief.

4. Imagine a friend with the same belief:

Visualize a close friend or loved one who is struggling with the same belief as you. Now, reflect on the kind and compassionate words you would genuinely share with your friend to help them overcome this belief. Consider what evidence you could present to counter their negative belief.

5. Apply the same advice to yourself:

Take the perspective of a caring and supportive friend and apply the same advice, encouragement, and evidence to challenge your own limiting belief. Remind yourself of your strengths, accomplishments, and positive qualities that disprove the belief.

6. Repeat and reinforce:

Whenever the limiting belief resurfaces, consciously remind yourself of the advice and support you would offer to your friend. Repeat this process as often as necessary to reinforce positive self-talk and weaken the power of the limiting belief.

Empower Yourself

1. Reflect on positive experiences and feedback:

Take the time to reflect on past experiences when you received compliments or positive feedback from others. Write them down and remind yourself of these compliments when you start doubting your self-worth. Similarly, keep a record of positive feedback you receive from others to counter any self-doubt.

2. Practice self-compassion

Develop a list of self-compassion statements focused on nurturing your self-worth. These statements should reflect kindness, understanding, and acceptance towards yourself. Following are some examples:

- ☐ I acknowledge that I am only human and prone to making mistakes, and that's okay.
- ☐ I deserve to be kind to myself, especially when I'm feeling down or struggling.
- ☐ I choose to let go of self-judgment and embrace self-acceptance in all aspects of my life.
- ☐ It's important to prioritize self-care and give myself the love and attention I need.

- ☐ I am allowed to set boundaries and say no when it's necessary for my well-being.
- ☐ I deserve to forgive myself for past mistakes and learn from them, rather than dwelling on them.
- ☐ I recognize that my worth is not dependent on external achievements or validation.
- ☐ I am deserving of happiness and fulfillment, just like everyone else.
- ☐ It's okay to ask for help and support when I need it; I don't have to face everything alone.
- ☐ I choose to focus on my strengths and celebrate my accomplishments, no matter how small they may seem.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Set aside time each day to consciously practice self-compassion. Repeat the self-compassion statements to yourself, letting them sink in deeply. Treat yourself with the same kindness and empathy you would show a close friend in need.

Accept Imperfections

1. Consider every area of your life where you feel you have imperfections or shortcomings (e.g., appearance, relationships, career). In each area you identified, think about the specific imperfections or weaknesses you perceive. Write them down.

Area of life	Imperfections or shortcomings
Appearance	
Relationships	
Career	
Mental health	
Social and community engagement	
Spirituality	

2. Reflect on whether these imperfections are within your control or beyond your control. Circle the ones that are within your control.

3. For the imperfections within your control, brainstorm three practical steps you can take to work on them. Write them down.

Imperfection/shortcoming: _____

Plan of action:

4. Now, consider the imperfections that are beyond your control. Reflect on how much these imperfections truly define your worth as a person. Write down any alternative perspectives or beliefs you can adopt to shift your mindset about them.

Imperfection/shortcoming: _____

Alternative perspectives:

5. Think about a time when you accepted someone else's imperfection and still valued them as a person. How can you apply the same compassion and acceptance to your own imperfections? Write down some ideas.

Emotional Check-In

1. How are you feeling right now? Please describe your emotions, including bodily sensations (e.g., racing heartbeat or palpitations, tightness or heaviness in the chest, nausea or stomach discomfort, knots or tension in muscles, tingling or numbness in the body, etc.) in detail.

2. How intense are these emotions on a scale of 1 to 10? _____

3. What triggered these emotions? Try to identify any specific situations, thoughts, or events that may have contributed to these feelings.

4. Are there any unhelpful or negative thoughts associated with these emotions? If so, try to identify and challenge them.

5. What coping strategies or self-care activities have you used in the past that were effective in managing similar emotions?

Let Go of Feelings of Inadequacy

1. Identify the feeling:

Begin by recognizing and acknowledging the specific feeling of inadequacy that you want to let go of. It could be a general sense of not being good enough or specific thoughts about a particular area of your life. Describe in detail how it feels, including any bodily sensations or thoughts that come with it:

2. Examine the evidence:

Take a step back and objectively assess the evidence supporting your feeling of inadequacy. List concrete examples or situations where you have succeeded, received positive feedback, or made progress in the area you're concerned about.

3. Focus on strengths and accomplishments:

Make a list of your strengths, talents, and past accomplishments. Reflect on times when you felt capable, confident, and proud of yourself. Remind yourself of these positive aspects of yourself and how they contribute to your overall worth and abilities.

4. Practice self-compassion:

Treat yourself with kindness, understanding, and self-compassion. Remind yourself that everyone has flaws and shortcomings, and it's okay to embrace imperfections as part of being human. If you find that difficult, try imagining a friend in the same situation and write down what you'd tell them:

Set Realistic Expectations

1. Identify your expectations:

Write down the expectations you often place on yourself that may contribute to feelings of inadequacy or affect your self-worth. Be specific and focus on areas where you tend to set high or unrealistic standards.

The following are some examples:

- ☐ Expecting perfection in every aspect of life
- ☐ Believing that you should always please others and never disappoint them
- ☐ Comparing yourself to others and feeling inadequate as a result
- ☐ Holding onto the belief that you should be able to control everything
- ☐ Feeling like you should always be happy and never experience negative emotions
- ☐ Thinking that you have to be successful by a certain age or timeline
- ☐ Feeling like you should always be in a romantic relationship to feel worthy
- ☐ Feeling that you have to constantly prove yourself to others
- ☐ Believing that failure is not acceptable and defines your worth
- ☐ Feeling like you should always be productive and never take breaks or rest
- ☐ Thinking that you should have a perfect body or appearance
- ☐ _____
- ☐ _____
- ☐ _____

2. Evaluate the origin:

Reflect on where these expectations came from. Did they originate from societal pressures, family upbringing, or personal beliefs? Understanding their source can help gain perspective and challenge their validity.

3. Question their realism:

Ask yourself if these expectations are realistic and achievable. Are they based on reasonable standards or are they perfectionistic in nature? Consider whether these expectations are within your control or dependent on external factors.

4. Challenge negative self-talk:

Identify any negative self-talk that accompanies these expectations. Write down alternative, more realistic and positive statements that counteract the negative thoughts. For example, replace "I must always succeed" with "It's okay to make mistakes; they are part of the learning process."

5. Establish realistic standards:

Set new, more manageable expectations for yourself. Aim for goals that are attainable and align with your capabilities, resources, and values.

Break larger tasks into smaller, achievable steps to make progress.

6. Practice self-compassion:

Remind yourself that it is normal and human to have limitations and imperfections. Treat yourself with kindness and understanding, offering self-compassionate statements when you encounter setbacks or challenges.

Let Go of Perfectionism

1. Identify specific activities that trigger your perfectionism. The following are some common examples:

- ☐ Arriving 5-10 minutes late to work or class
- ☐ Making a mistake or error
- ☐ Completing a task or project
- ☐ Starting something new or unfamiliar
- ☐ Answering a question in a meeting/class
- ☐ Creating or sharing artwork
- ☐ Delegating a task to a coworker
- ☐ Revising or editing written work
- ☐ Going out without makeup
- ☐ Leaving part of the house slightly messy
- ☐ Expressing emotions or vulnerability
- ☐ Planning and organizing events or activities
- ☐ Learning a new skill or subject matter
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Rate the level of anxiety or distress you typically experience when engaging in those tasks on a scale from 1 to 10, with 10 being the highest level of distress. Write down your list starting from the lowest level of distress:

3. With consent, select one low-stakes behavior to test only after reviewing realistic consequences, OCD or trauma factors, occupational or relationship risk, and readiness. Build an individualized hierarchy; do not choose illegal, unsafe, deceptive, or materially consequential actions.

4. Predict what may happen and identify an observable outcome. Complete the experiment without forced exposure, then review what occurred with curiosity. Stop, step down, or seek clinician guidance if distress, compulsive responding, trauma symptoms, or functioning worsens.

Practice Self-Forgiveness

1. Acknowledge the actions:

Identify the actions or behaviors for which you seek forgiveness, this could be making a mistakes, hurt someone, including yourself, etc.

2. Understand your intentions:

Reflect on the reasons behind your actions. Were they driven by ignorance, fear, or unresolved emotions? Try to gain insight into the underlying causes.

3. Feel and express remorse:

Allow yourself to feel genuine remorse for what you have done. Journaling or writing a letter expressing your remorse can be helpful. You may even choose to apologize directly to those you have hurt (if it's appropriate and won't cause further harm).

4. Learn from your mistakes:

Identify lessons learned from the experience. Consider how you can grow and make positive changes in the future. Use this as an opportunity for personal development.

5. Practice self-compassion:

Treat yourself with kindness and understanding. Recognize that everyone makes mistakes, and it's a part of being human. Offer yourself the same level of compassion and forgiveness you would offer a loved one.

6. Take action and make amends:

If possible and appropriate, take steps to make amends for your actions. This might include making reparations or demonstrating change through new behaviors.

Create a Self-Care Routine

1. List your current needs:

List activities or practices that meet your current needs. The following are some examples

Need	Activities
Physical health	Regular exercise, balanced diet, sufficient sleep
Emotional well-being	Journaling, talking to a friend, practicing mindfulness, spending time in nature, practicing positive affirmations,
Intellectual stimulation	Reading books, learning a new skill or hobby, solving puzzles, watching educational documentaries
Relaxation and stress reduction	Taking baths, practicing deep breathing exercises, listening to calming music, getting a relaxing massage, enjoying a cup of tea,

My needs:_____

Activities:

My needs:_____

Activities:

2. Schedule regular self-care activities in your calendar:

Allocate specific time slots for each activity, considering your daily routine and availability. Consider both short-term activities (e.g., taking a bath, reading a book) and long-term goals (e.g., pursuing hobbies, personal growth).

Example:

Monday, 8:00 PM | Practice gratitude journaling

Tuesday, 5:30 PM | Attend a yoga class

Wednesday, 7:00 PM | Read a book

Thursday, 5:00 PM | Meet up with a supportive friend

Friday, 7:00 AM | Morning meditation

Saturday, 7:30 PM | Take a relaxing bath

Sunday, 7:00 AM | Morning meditation

Sunday, 12:00 PM | Take a walk in nature

Sunday, 5:30 PM | Engage in a creative hobby

Day	Self Care Activities
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

3. Reflecting on the benefits:

Keep a journal or note down how each self-care activity makes you feel. Notice any positive changes in your overall well-being and sense of self-worth.

Self Care Activity	How it made me feel
<i>e.g. Gratitude journaling</i>	<i>Felt a sense of calm and contentment as I focused on the positive aspects of my life.</i>

Explore Your Passions

1. List three activities or hobbies that you are interested in or curious about. The following are some examples:

- | | |
|---|--|
| ☐ Painting or drawing | ☐ Sculpting or pottery making |
| ☐ Playing a musical instrument | ☐ Martial arts (e.g., karate, taekwondo) |
| ☐ Writing poetry or stories | ☐ Beekeeping or urban farming |
| ☐ Photography | ☐ Scrapbooking or photo album making |
| ☐ Gardening | ☐ Graphic design or digital art |
| ☐ Cooking or baking | ☐ Candle making or soap crafting |
| ☐ Dancing | ☐ Long-distance running or marathon training |
| ☐ Knitting or crocheting | ☐ Interior decorating or home renovation |
| ☐ Learning a new language | ☐ Playing a team sport (e.g., basketball, soccer) |
| ☐ Calligraphy or hand lettering | ☐ App development or programming |
| ☐ Hiking or camping | ☐ Baking and decorating elaborate cakes |
| ☐ DIY crafts | ☐ Jewelry making or beadwork |
| ☐ Reading books | ☐ Wood carving or whittling |
| ☐ Sewing or quilting | |
| ☐ Fishing | |
| ☐ Building models (e.g., airplanes, ships) | |
| ☐ Stand-up comedy or improv | |

My interests/passions:

2. Reflect on each activity and consider why it interests you. What do you find appealing or exciting about each one?

3. Consider any barriers or challenges that might prevent you from pursuing these passions. Are there any limiting beliefs holding you back?

4. Brainstorm ways to overcome those barriers and challenges. Are there specific actions or steps you can take to make these passions more accessible or feasible?

5. Set small and achievable goals to begin exploring your passions. These goals could include dedicating a certain amount of time each week to engage in the activities, researching local groups or communities related to these interests, or seeking out resources and materials.

6. Reflect on how engaging in these activities makes you feel. Notice any changes in your mood, energy levels, or overall sense of self-worth.

Find Your Purpose

1. Reflect on your values:

Write down the values that are most important to you. Following are some examples:

- | | | |
|---|---------------------------------------|--|
| ☐ Accountability | ☐ Empowerment | ☐ Integrity |
| ☐ Achievement | ☐ Equality | ☐ Intuition |
| ☐ Adaptability | ☐ Exploration | ☐ Joy |
| ☐ Adventure | ☐ Fairness | ☐ Justice |
| ☐ Altruism | ☐ Faith | ☐ Kindness |
| ☐ Ambition | ☐ Family | ☐ Knowledge |
| ☐ Authenticity | ☐ Fitness | ☐ Leadership |
| ☐ Balance | ☐ Flexibility | ☐ Learning |
| ☐ Beauty | ☐ Freedom | ☐ Love |
| ☐ Belonging | ☐ Fun | ☐ Loyalty |
| ☐ Boldness | ☐ Generosity | ☐ Mindfulness |
| ☐ Challenge | ☐ Gratitude | ☐ Nature |
| ☐ Community | ☐ Growth | ☐ Open-mindedness |
| ☐ Compassion | ☐ Happiness | ☐ Optimism |
| ☐ Confidence | ☐ Harmony | ☐ Order |
| ☐ Cooperation | ☐ Health | ☐ Passion |
| ☐ Courage | ☐ Honesty | ☐ Patience |
| ☐ Creativity | ☐ Humility | ☐ Peace |
| ☐ Curiosity | ☐ Humor | ☐ Perseverance |
| ☐ Decisiveness | ☐ Independence | ☐ Personal growth |
| ☐ Determination | ☐ Inner peace | ☐ Positivity |
| ☐ Empathy | ☐ Innovation | ☐ Privacy |

- | | | |
|---|--|--|
| ☐ Professionalism | ☐ Service | ☐ Unity |
| ☐ Quality | ☐ Simplicity | ☐ Vision |
| ☐ Recognition | ☐ Solitude | ☐ Wealth |
| ☐ Resilience | ☐ Spirituality | ☐ Wellness |
| ☐ Respect | ☐ Stability | ☐ Wisdom |
| ☐ Responsibility | ☐ Success | ☐ Wonder |
| ☐ Security | ☐ Teamwork | ☐ Work-life balance |
| ☐ Self-discipline | ☐ Trust | ☐ Zeal |
| ☐ Self-expression | ☐ Trustworthiness | |
| ☐ Self-improvement | ☐ Understanding | |

Consider how these values align with your daily life and how you can live in accordance with them.

2. Identify your passions:

Use the list of activities and interests that ignite a sense of passion or excitement within you that you identified earlier. Think about what activities bring you joy and fulfillment, and why they resonate with you.

3. Consider your strengths:

Reflect on your unique talents, abilities, and strengths. What are you naturally good at? What skills do others acknowledge in you? Identify how you can utilize your strengths in meaningful ways.

4. Reflect on past experiences:

Review significant moments or experiences in your life where you felt a deep sense of satisfaction or purpose. Identify common themes or patterns. What values or passions were present in those moments?

5. Visualize your ideal future:

Imagine yourself in the future, living a life filled with purpose. What does that look like for you? Paint a vivid picture in your mind and write down your vision for a purposeful life.

6. Set meaningful goals:

Based on your reflections and exploration, set specific and actionable goals that align with your values and passions. Break them down into smaller steps to make them more achievable.

7. Take action:

Start taking steps toward your goals and purpose. This might involve volunteering, pursuing educational opportunities, or making changes in your career or lifestyle. Take small steps each day to move closer to living a purposeful life.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: No diagnosis under this title - self-worth is not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- Superseded source pages: 1-6, 8, 11-13, 15, 17, 20, 22, and 24-25. These notes replace incompatible diagnostic, scoring, somatic-causation, safety, or intervention wording on those pages.

Diagnostic and differential limits

- Do not infer a disorder from worksheet endorsement. Assess duration, severity, distress or impairment, medical/substance causes, cultural context, and relevant differentials when symptoms warrant evaluation.

Document-specific corrections

- Treat self-worth as a formulation domain rather than a symptom-defined disorder.
- Avoid equating worth with unconditional self-love; allow culturally and personally varied language for dignity, belonging, competence, and meaning.
- Frame family-background exploration as optional and avoid causal conclusions from retrospective worksheet responses.

Measures, scoring, and permissions

- Page 4 contains an author-created, non-scored reflection checklist. No standardized self-worth measure is reproduced. Page 5 uses non-diagnostic, nonspecific experience language; page 22 contains clinician-guided behavioral experimentation safeguards.

Intervention scope and contraindications

- Pages [2, 8, 22]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.

Crisis and current resources

- No diagnosis-specific resource; route referrals according to associated depression, trauma, eating, or anxiety symptoms.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>